

CMRC Training Newsletter

**CENTRAL MISSOURI REGIONAL CENTER
1500 Vandiver Drive, Suite 100, Columbia, MO
65202-1921 (573) 882-9835, V/TTY**

JANUARY, 2007

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1. January Training Calendar
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4. Nurse's Nook— Carbon Monoxide
Poisoning

This Training Newsletter is designed to inform people about training opportunities, workshops and resources provided by the Regional Center and other agencies. This newsletter is sent to all CMRC staff and Provider agencies in the Central Missouri Regional Center catchment area.

CMRC January Training

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

	1  <i>New Year's Day</i>	2	3	4 <i>Nonviolent Crisis Intervention—Armstrong</i>	5	6
7	8	9 9:00 <i>Nonviolent Crisis Intervention</i>	10	11	12	13
14	15  <i>Martin Luther King Jr. Day</i>	16	17 9:00 <i>Nonviolent Crisis Intervention Refresher</i>	18	19 KOB 10:00 @ Taos 1:00 @ JC 2:00 @ JC 	20
21	22 9:00 <i>Nonviolent Crisis Intervention</i>	23 9:00 <i>Basic Provider Training</i>	24	25	26 KOB 10:00 @ Cairo 1:00 @ Moberly 	27
28	29	30	31			
						

JANUARY ACTIVITIES

JANUARY 1 — MONDAY — NEW YEAR'S DAY — CMRC OFFICES CLOSED

JANUARY 4 — THURSDAY — 9:00 a.m. to 5:00 p.m. — NONVIOLENT CRISIS INTERVENTION

Pierce Home, Armstrong

Members of CMRC's Quality Support Team will conduct this training for interested CMRC and Provider staff. This is an eight hour intensive and participative workshop in which participants will learn how to recognize the warning signs of escalating behavior and how to use verbal and nonverbal techniques to avoid confrontations. In addition, participants will learn safe, non-injurious restraint and transport techniques and team crisis intervention strategies. Nonviolent Crisis Intervention is a safe, non-harmful behavioral support system designed to aid human service professionals in the management of disruptive and assaultive people.

FEE: \$11.50 — Checks should be made payable to the Crisis Prevention Institute and sent to Angie Salvo at CMRC.

ATTENDEES: Staff from Pierce & EO

FOR MORE INFORMATION OR TO REGISTER: Contact Renee Burton, CMRC, by email at renee.burton@dmh.mo.gov or by calling (573)882-9835

JANUARY 9 — TUESDAY — 9:00 a.m. to 5:00 p.m. — NONVIOLENT CRISIS INTERVENTION

Central MO Regional Center, Columbia (Conf. Rm. A/B)

Members of CMRC's Quality Support Team will conduct this training for interested CMRC and Provider staff. This is an eight hour intensive and participative workshop in which participants will learn how to recognize the warning signs of escalating behavior and how to use verbal and nonverbal techniques to avoid confrontations. In addition, participants will learn safe, non-injurious restraint and transport techniques and team crisis intervention strategies. Nonviolent Crisis Intervention is a safe, non-harmful behavioral support system designed to aid human service professionals in the management of disruptive and assaultive people.

FEE: \$11.50 — Checks should be made payable to the Crisis Prevention Institute and sent to Angie Salvo at CMRC.

ATTENDEES: Staff from JP, LH, Dillahun, SMHC, CLEO, IL & anyone interested

FOR MORE INFORMATION OR TO REGISTER: Contact Angie Salvo, CMRC, by email at angie.salvo@dmh.mo.gov or by calling (573)882-9835

*****NOTE*** THIS CLASS WILL BEGIN PROMPTLY AT 9:00. ALL LATE ARRIVALS WILL BE ASKED TO RESCHEDULE.**

JANUARY 15 — MONDAY — MARTIN LUTHER KING, JR. DAY — CMRC OFFICES CLOSED

JANUARY 17 — WEDNESDAY — 9:00 a.m. to 1:00 p.m. — NONVIOLENT CRISIS INTERVENTION REFRESHER

Central MO Regional Center, Columbia

This program is the annual refresher course needed to remain current. All participants in this class must have previously completed the initial course in Nonviolent Crisis Intervention.

FEE: **\$8.00** — Checks should be made payable to the Crisis Prevention Institute and sent to Angie Salvo at CMRC.

ATTENDEES: Staff from JP, Perkins, TL, Maurizi and SSSI

FOR MORE INFORMATION OR TO REGISTER: Contact Angie Salvo, CMRC, by email at angie.salvo@dmh.mo.gov or by calling (573)882-9835

*****NOTE*** THIS CLASS WILL BEGIN PROMPTLY AT 9:00. ALL LATE ARRIVALS WILL BE ASKED TO RESCHEDULE. THIS CLASS IS FULL.**

JANUARY 22 — MONDAY — 9:00 a.m. to 5:00 p.m. — NONVIOLENT CRISIS INTERVENTION

Central MO Regional Center, Columbia (Conf. Rm. A/B)

Members of CMRC's Quality Support Team will conduct this training for interested CMRC and Provider staff. This is an eight hour intensive and participative workshop in which participants will learn how to recognize the warning signs of escalating behavior and how to use verbal and nonverbal techniques to avoid confrontations. In addition, participants will learn safe, non-injurious restraint and transport techniques and team crisis intervention strategies. Nonviolent Crisis Intervention is a safe, non-harmful behavioral support system designed to aid human service professionals in the management of disruptive and assaultive people.

FEE: \$11.50 — Checks should be made payable to the Crisis Prevention Institute and sent to Angie Salvo at CMRC.

ATTENDEES: Staff from SISL, CMRC, LH, BCFR, SM & SSSI

FOR MORE INFORMATION OR TO REGISTER: Contact Angie Salvo, CMRC, by email at angie.salvo@dmh.mo.gov or by calling (573)882-9835

*****NOTE*** THIS CLASS WILL BEGIN PROMPTLY AT 9:00. ALL LATE ARRIVALS WILL BE ASKED TO RESCHEDULE. THIS CLASS IS FULL.**

JANUARY 23 — TUESDAY — 9:00 a.m. to 4:00 p.m. — BASIC PROVIDER TRAINING

Central MO Regional Center, Columbia (Conf. Rm. A/B)

We will cover the Missouri Quality Outcomes, Abuse & Neglect, Consumer Rights, Documentation and a Positive Behavior Support overview

ATTENDEES: This is mandatory training for all new CMRC casemanagers and is open to any provider staff.

FOR MORE INFORMATION OR TO REGISTER: Contact Angie Salvo, CMRC, by email at angie.salvo@dmh.mo.gov or by calling (573)882-9835



UPCOMING DATES OF IMPORTANCE

FEBRUARY 7—NONVIOLENT CRISIS INTERVENTION

FEBRUARY 12—LINCOLN'S BIRTHDAY, CMRC OFFICES CLOSED

FEBRUARY 13—HAB/QST MEETING

FEBRUARY 15—NONVIOLENT CRISIS INTERVENTION REFRESHER

FEBRUARY 16—KOB @ COLUMBIA

FEBRUARY 19—PRESIDENTS' DAY, CMRC OFFICES CLOSED

FEBRUARY 23—KOB @ JEFF CITY & ST. MARTIN'S

NURSE'S NOOK

By: Barb Schaefer, RN III

CARBON MONOXIDE POISONING

Carbon Monoxide is an odorless, colorless gas that can cause sudden illness and death. Carbon monoxide is found in combustion fumes, such as any gasoline engine, stoves, lanterns, burning charcoal, wood, gas ranges and gas heating systems. In winter months, when our homes are closed up and furnaces or other heat sources are activated, there may be a risk of increasing levels of carbon monoxide to a poisonous level.



The Center for Disease Control lists the following as prevention guidelines:

- ✦ Have your heating system, water heater, and any other gas, oil, or coal burning appliance serviced by a qualified technician every year.
- ✦ Install battery operated carbon monoxide detectors in your home. Replace the batteries when the time changes each spring and fall.
- ✦ If the detector sounds off, leave your home immediately and dial 911.
- ✦ Never run a vehicle inside your attached car garage, even if you leave the door open
- ✦ Always have your stove or fireplace vented and inspected annually.
- ✦ Never use a gas oven to heat your house.

Seek medical attention immediately if you have any of the symptoms of carbon monoxide poisoning:

headache	dizziness
irritability	chest pain
confusion	nausea
impaired judgment	vomiting
shortness of breath	abnormal heart rate
rapid breathing	light-headed

For more information about carbon monoxide poisoning, log on to CDC/National Center for Environmental Health at <http://www.cdc.gov/co/default.htm>.

The CDC maintains this web site, which provides basic information, carbon monoxide prevention, reports, question & answers and other resources.

Information on Elks Mobile Dental Program

Truman Medical Center Lakewood
Elks Mobile Dental Service
7900 Lee's Summit Road
Kansas City, MO 54139

Visit their website for the most current forms, schedule and information at www.trumed.org, choose "enter TMC Lakewood," click "your medical care" on the left side, select "health services," choose, "Elks Mobile Dental Program."

For more information call (816)404-6904